



The Moody Blues: One Family's Journey Through Postpartum Depression

Tara Dupuis

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The Moody Blues is a short, non-fiction, illustrated story about one family's journey through postpartum depression. The characters names are "Mommy, Daddy, and Dean." It is written with the intent that children can better understand what their mother may be experiencing during her postpartum depression. They will be able to understand their own feelings about the experience because "Dean" expresses some of his feelings about the changes happening with "Mommy." The mother and father/partner will understand more about the struggles with postpartum depression without having to read a long book when time may be a factor. In the later pages of the book there are "Tips for postpartum partners" which offer guidance on how to support the mother, emotionally. There are two short, non-illustrated stories, toward the end of the book that tell of two separate women. One woman's journey is through postpartum obsessive-compulsive disorder. The other is one woman's journey through postpartum psychosis. These stories are important to tell because too many people are taught that all postpartum disorders are the same. Postpartum depression, anxiety, obsessive-compulsive, and psychosis are different from eachother and the stories in the book illustrate this.

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relaxing pattern this is your body and mind are going to be pleased when you are finished studying it, like winning a game. Do you want to try this extraordinary spending spare time activity?

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